

The HEART-WORKING PEOPLE OF IJN

Get a deeper look at IJN through the lens of the staff

In the bustling realm of healthcare, where precision and compassion intersect to shape the journey toward wellness, the voices of those who stand at the frontline often remain unheard. Through the intimate lens of our staff, we explore the triumphs, challenges, and unwavering dedication that define the essence of Institut Jantung Negara.

Continue reading as our staff recount their most treasured moments, the driving force behind their ability to deliver exceptional service.

Meet **ALEXANDRIA ELIENTY ANG,** Senior Cardiovascular Technologist

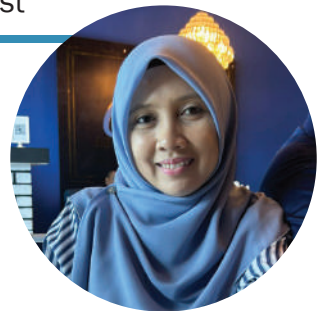


I joined IJN in 2010. I started off as a nurse at the Critical Care Unit (CCU). Then, I came across a vacancy in the Non-Invasive Cardiovascular Laboratory (NCL) Department for a Cardiovascular Technologist in 2013. I applied and completed all the training. So now, I'm a credentialed Senior Cardiovascular Technologist.

Could you share with us what is the most memorable moment throughout your years of service in IJN?

My most memorable moment was when I received my 10 years of service award. I felt appreciated and honored. Other than that, working through the pandemic is really tough. We needed to wear a complete suit of Personal protective equipment (PPE) during work, especially when attending to COVID-19 patients.

Meet **NORZAIDAH MOHD SANI,** Specialist Physiotherapist



I have been working in IJN for 19 years. I'm currently a Specialist Physiotherapist. My role now is more to management and also mentoring new staff.

Could you share with us what is the most memorable moment throughout your years of service in IJN?

All of my experiences are valuable. If I were to choose one, seeing my patients back to their normal lives would be really memorable. I feel grateful when the patient is able to remember my name and appreciate what I have done for them. I'm happy to see them enjoying a good quality of life.

Another memorable thing would be being able to treat the VIPs or any important person at IJN.



Meet **MELVINDER KAUR**, IJN Bed Coordinator

I started off at IJN around 15 years ago, and I must say I've gained tremendous experience since then. Initially, I was based in the Coronary Care Unit (CCU). Throughout this journey, I was promoted to a senior staff nurse and then to a mentor. From there I was promoted to person in charge of the general ward.



Could you share with us what is the most memorable moment throughout your years of service in IJN?

Sure, there are many! One is that you feel good when you treat your patients and get to see them get well. They wish you so many good things and then they go back home. With those blessings, you feel so accomplished.

I think the most memorable and recent one was when I received my 15-year Long Service Award. I still remember the feeling when I was on the stage receiving the award, it felt so good. It was an overwhelming feeling when your contribution is appreciated. My parents were also very proud of me, seeing me reaching this far.



Meet **TAN YI XIN**, Dietitian

I've been working with IJN as a dietitian for almost five years now. My job is to provide nutrition education or counseling to patients based on their medical condition. As a dietitian, I also promote healthy eating, to help patients to improve in terms of their clinical goals. Furthermore, I provide nutrition for patients in the critical care area.

Could you share with us what is the most memorable moment throughout your years of service in IJN?

For me, last year (2022) was memorable because I was the chairperson for Nutrition Month. In IJN, we have our annual nutrition month where every year we have one month to promote the message of nutrition based on different themes. So, last year our theme was to promote weight loss among our staff.



In Malaysia, we know that one in two adults struggle with weight issues, primarily obesity or overweight. In IJN, we try to promote healthy weight. Last year, I was the organiser and we had a weight loss challenge among our own staff. Overall, I'm very satisfied with the outcome. Our staff who participated managed to lose a lot of weight and they took a lot of effort to lose weight. I'm very happy to be able to contribute to helping not just our own patients but our staff who are working at IJN. 💙

